



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

2. Report of Training on Yoga Techniques

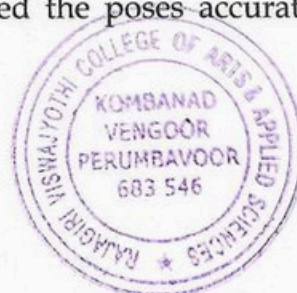
Programme Details in a Nutshell	
Name of the Event	Training on Yoga Techniques
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• To instruct participants in a range of yoga asanas (postures) that enhance flexibility, strength, and overall physical well-being.• To offer hands-on guidance and practice sessions, ensuring participants can perform yoga poses accurately and safely.
Resource Person	Mr. Akhil Antony, Yoga Trainer, Bodhi Yoga Center Nileshwaram
Date And Time	06-03-2024 to 7-03-2024 9.30.AM to 4.30 PM
Duration	10 Hrs
Beneficiaries	23 Students
Venue Or Platform	Multi-Purpose Open Lecture Hall
Organizing Dept/ Cell	Department of Psychology in Association with IQAC
Coordinator	Ms. Thara Irene George, Assistant Professor Department of Psychology
Outcome/ Benefit of The Programme	<ul style="list-style-type: none">• They will experience greater flexibility, strength, and overall physical well-being by practicing a range of yoga asanas.• They will acquire the skills and knowledge to safely and accurately incorporate yoga practices into their daily routines, promoting sustained holistic health and mindfulness.



Detailed Report

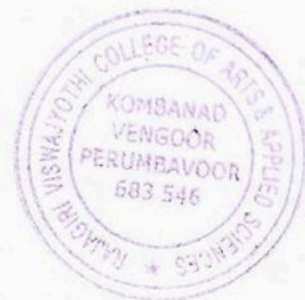
The "Training on Yoga Techniques" Workshop, held on March 06-03-2024 to 7-03-2024 from 9:30 AM to 4:30 PM, took place in Multi-Purpose Open Lecture Hall and saw the participation of 23 students. Organized by the Department of Psychology in association with IQAC, and coordinated by Ms. Thara Irene George, the workshop aimed to enhance participants' physical and mental well-being through yoga. Mr. Akhil Antony, Yoga Trainer, Bodhi Yoga Center, from Nileschwaram, the resource person, guided the participants in a range of yoga asanas to improve flexibility, strength, and overall physical health. The workshop featured demonstrations of various postures, hands-on practice sessions to ensure correct alignment, and sessions on breathing techniques and meditation for mental clarity and emotional balance. Participants gained valuable skills to incorporate yoga into their daily routines, promoting sustained holistic health and mindfulness. The event concluded with a Q&A session, where participants expressed their satisfaction and reported noticeable improvements in their physical fitness and mental well-being.

The workshop successfully achieved its objectives, providing a comprehensive yoga experience that contributed significantly to the holistic development of the students. The workshop commenced with an introduction to yoga and its numerous benefits, delivered by Mr. Akhil Antony. He emphasized the importance of yoga in achieving a balanced lifestyle and its role in enhancing both physical and mental health. Following the introduction, Mr. Akhil Antony demonstrated a variety of yoga asanas, each aimed at improving different aspects of physical fitness such as flexibility, strength, and overall well-being. His expert guidance and detailed explanations helped participants understand the correct techniques and the benefits of each posture. The interactive nature of the session allowed students to practice the asanas under his supervision, ensuring they performed the poses accurately and safely.



Feedback Report

The workshop was a success. Participants appreciated the hands-on practice and expert guidance provided by Mr. Akhil Antony. The focus on incorporating yoga into daily life was valuable. Participants reported improved physical and mental well-being. To enhance the workshop, gathering feedback and considering follow-up sessions is recommended.



Participants List



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: TRAINING ON YOGA TECHNIQUES

Date: 06-03-24 TO 7-03-24

S I No	Name of Student	Department	Signature
1.	Abhinav Raj	III Bcom model 2 Finance & Taxation	
2.	Able Sabu	III Bcom Model 2	
3.	Ahini Raj	III Bcom model 2 finance & Taxation	
4.	Alan P Shaju	III. Bcom model 2	
5.	Alphus Varghese	III Bcom model 2	
6.	Megha Thomas	III Bcom model 2	
7.	NOEL FELIX	III Bcom	
8.	Dinu Shibu	III BBA	
9.	Murthali	III BBA	
10.	ALEX BENNY	III BBA	



11	Abhisaj.sali	III B.com model 2 logistics	Abhisaj
12	Abel Antony	III B.com model 2 logistics	Abel
13	Bala Murali Krishna	III B.com model 2 logistics	Bala
14	Bruthi J	III B.com model 2 Finance & Taxation	Bruthi
15	Kiran Sethu madhavan	III B.com model 2 Finance & Taxation	Kiran
16	Jeffrey Toby	III B.com model 2 Finance & Taxation	Jeffrey
17	Beju Eldhose	III B.com model 2 Finance & Taxation	Beju
18	Megha Thomas	III B.com model 2 Finance & Taxation	Megha
19	Joseph Abel Ivanios	III B.com model 2 Finance & Taxation	Joseph
20	Anna Mariya Joy	III B.com model 2 Finance & Taxation	Anna
21	Alphy T Varghese	III B.com model 2 Finance & Taxation	Alphy
22	Alan P Shaju	III B.com model 2 Finance & Taxation	Alan
23	Aghin Raj	III B.com model 2 Finance & Taxation	Aghin

Principal

Joy P. Joseph, Ph.D
PRINCIPAL

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Faculty Coordinator